September 1, 2014

Dear EP Student:

Welcome to the Exercise Physiology (EP) Program.

This student manual provides you with pertinent information not only as you begin the EP program but as you progress through the program to graduation. You will see the University of Massachusetts Lowell (UML) online undergraduate school catalog is referenced often. It can be found at: http://www.uml.edu/Catalog/Undergraduate/Default.aspx

Please note in registering for courses, each student assumes full responsibility for knowledge of and compliance with the definitions, regulations, and procedures for the University, as set forth in the University online Undergraduate School Catalog. Moreover, in accepting admission to the University, each student assumes responsibility for knowledge of and compliance with the definitions, regulations, and procedures of the University pertaining to his or her student status as set forth in the appropriate UML publications. This student manual is the publication for students in the EP program in the College of Health Sciences.

The university utilizes a web-based self-service application know as ISIS - Intercampus Student Information System. Additional information can be found at: http://www.uml.edu/it/isis/

As a UML/EP student you are required to use the university’s student email system, keep your address current in ISIS, and know your academic standing at the end of each semester.

The faculty and staff of the Physical Therapy Department look forward to working with you during your time in our program.

Sincerely,

Deirdra Murphy

Deirdra Murphy, P.T., D.P.T., M.H.A., M.S.
Chairperson, Department of Physical Therapy
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I. EXERCISE PHYSIOLOGY PROGRAM

A. Department Faculty

**Director of Exercise Physiology Program:** Dr. Cynthia Ferrara

**Chairperson:** Dr. Deirdra Murphy

**Professors:** Dr. Linda Kahn-D’Angelo

**Associate Professors:** Dr. Sean Collins, Dr. Gerard Dybel, Dr. Cynthia Ferrara, Dr. Eric James, Dr. Erika Lewis, Dr. Deirdra Murphy, Dr. Connie Seymour, Dr. Joyce White

**Assistant Professor:** Dr. Winnie Wu

**Clinical Assistant Professor:** Dr. Keith Hallbourg

**Director of Clinical Education:** Dr. Keith Hallbourg

**Associate Director of Clinical Education:** Dr. Michele Fox

**Lecturers:** Dr. Kyle Coffey, Dr. Michele Fox, Dr. Joann Moriarty-Baron,

**Visiting Professor:** Dr. Andrea Mendes

B. Department Staff

**Program Administrator:** Ann Bratton, M.A.

**Coordinator of Laboratory Resources:** Dale Pevey

C. Department Mission and Philosophy

**Mission**

The mission of the Department of Physical Therapy is to promote human health and development through:

1. Teaching of theory and practice of physical therapy and exercise physiology in classroom and community-based setting preparing graduates to practice their chosen path with knowledge, competence, and respect for human well-being;
2. Scholarship that advances multidisciplinary scientific research to provide educational and practical application of movement science; and
3. Community service in partnership with local, regional, and national organizations advancing intervention and prevention –based strategies in health.
Philosophy

The faculty believes that individuals have intrinsic worth and a right to optimal health and function. Function is defined as those activities identified by an individual as essential to support physical, social, and psychological well-being and to create a personal sense of meaningful living.

The faculty believes that students are active participants in the educational process. As potential professionals, the relationship between students and faculty is one in which there is mutual respect, understanding, and interchange of ideas. The faculty, as experienced professionals, serves as resource persons, mentors, and role models for the developing professional. The faculty view themselves as facilitators of the learning process. Students are expected to demonstrate commitment to learning as the basis for continued personal and professional growth, effective interpersonal and communication skills, problem-solving and critical thinking skills, and appropriate professional conduct. Effective use of time and resources, feedback, and stress management strategies are also important components of the behaviors of the successful student.

D. EP Program Description

Exercise Physiology is the study of acute and chronic physiological responses and adaptations resulting from exercise and physical activity.

The undergraduate curriculum is broad based and includes courses in liberal arts, basic sciences (Anatomy & Physiology, Chemistry, Physics, Biology, Biochemistry), and professional courses (Exercise Physiology, Kinesiology, Exercise Prescription/Program Planning). The EP courses are comprehensive and cumulative and prepare students for the practicum experience in the senior year. Students can be assigned to one of a variety of settings, including a cardiac or pulmonary rehabilitation setting, a private or corporate fitness center, a research facility, or strength and conditioning facility, for a semester. While working in the practicum setting, students attend a weekly seminar to discuss issues which arise during their experiences.

There are numerous career opportunities for graduates of the Exercise Physiology program. Graduates can work in sports medicine (the field of medicine dealing with injuries sustained in athletic endeavors and/or illnesses impacting sport performance). Practice settings may include sports medicine clinics or sports training facilities. Graduates can also work in cardiopulmonary rehabilitation settings, including hospitals, outpatient clinics, and medically supervised fitness centers. Patients/clients have cardiac or pulmonary conditions, or may be recovering from surgery or acute hospitalization. Graduates can also work as group exercise instructors, personal trainers, or strength and conditioning coaches. They may also work in a research or corporate setting. There are no professional licensing requirements at the present time. There are certifications for health/fitness instructors and clinical exercise physiology practitioners by the American College of Sports Medicine (ACSM) and personal trainers and strength and conditioning specialists by the National Strength and Conditioning Association (NSCA).

Students are encouraged to explore graduate admission requirements for any program they are considering. Faculty advisors guide students interested in whatever career they may be considering throughout their four undergraduate years and in the successful completion of prerequisites and the application process. Students can also pursue graduate study in Exercise Physiology. Advanced degrees in Exercise Physiology (Master of Science, doctoral degree) prepare individuals for positions as exercise specialists and exercise program directors. Graduate degrees in EP also prepare individuals for research or teaching positions. A Ph.D. is typically required for teaching or research positions in higher education.

E. College of Health Sciences Student Policies

Policies regarding National Criminal Background Check; Clinical Affiliation Random Drug Screening; and Social Media policy for College of Health Sciences students should be reviewed at http://www.uml.edu/Health-Sciences/Current-Students/Student-Policies.aspx
Course of Study for Exercise Physiology

Class of 2016 Forward

See Appendix E
G. EP Course Descriptions

38.101 EP Freshman Seminar Credits: 1
The Freshman Seminar will introduce new students to UMass Lowell, the College of Health Sciences, and the Program in Exercise Physiology. Students will participate in weekly activities to improve study skills, communication skills, and problem solving. They will also learn important information about careers in Exercise Physiology and health-related fields.

38.202 Intro to Exercise Physiology Credits: 3
This course will provide a broad overview of the various fields and career options within Exercise Physiology. Students will have the opportunity to network and interview guest speakers from all different careers, and also to explore the various environments in which Exercise Physiologist work by way of site visits to hospitals, clinics, etc. Strategies for success in the UMass-Lowell EP curriculum and guidance on choosing and applying to graduate schools will also be addressed.

38.301 EP Junior Seminar Credits: 1
The Junior Seminar, offered during the Spring semester to Exercise Physiology majors, will orient students to information required for their practicum experience during their senior year.

38.305 Exercise Physiology I Lect Credits: 4
This first course of a two-course sequence will examine the short and long term effects of exercise on the oxygen transport systems including bioenergetics. Clinical components of the course address diseases of and rehabilitation for cardiovascular, pulmonary and metabolic systems. The material is structured as an integrative physiology course. As such, you will be required to assimilate material previously learned about human anatomy, physiology, chemistry and physics with material learned in this course to form an integrated understanding of the responses and adaptations of the human system to exercise. Exercise Physiology bridges the gap between basic biologic science and professional fields of application, such as coaching, training, allied health and rehabilitation. This course will provide a solid background in the science, theory and concepts so that you will have a concrete basis for the application of Exercise Physiology in a variety of fields.
Co-requisite: 38.307 Exercise Physiology I Lab
Prerequisites: junior year status EP; Anatomy and Physiology I & II with Labs; Physiological Chemistry I & II (or Chem or General Chem) with labs; General Physics I & II with Labs; Intro to EP.

38.307 Exercise Physiology I Lab Credits: 1
This is the first of a two-part series of laboratory courses that is taken concurrently with Exercise Physiology I (38.305). This course is designed to offer students the opportunity to integrate the concepts and principles of Exercise Physiology discussed in lecture with practical laboratory experiences. Students will be expected to develop practical skills in the laboratory consistent with current standards of clinical practice, learn to administer exercise tolerance tests, interpret and present exercise test data, and develop appropriate exercise prescriptions for developing cardiorespiratory fitness in apparently healthy, athletic, and clinical populations.
Co-requisite: 38.307 Exercise Physiology I Lect
Prerequisites: junior year status EP; Anatomy and Physiology I & II with Labs; Physiological Chemistry I & II (or Chem or General Chem) with labs; General Physics I & II with Labs; Intro to EP.
**38.315 Kinesiology** Lect Credits: 3
In Kinesiology, the study of Newtonian Mechanics, Anatomy, Neuromuscular Physiology and Motor Control is combined to teach the analysis of human movement. The major focus of the course is the qualitative analysis of human movement and its wide range of practical applications. Topics also include quantitative analysis techniques, body mechanics, posture gait evaluation, and sport or activity specific movement patterns with a focus of identifying and interpreting causes of less than optimal movement patterns. Students are given the freedom to explore areas of their interest within the goals and objectives of the course; however with this freedom comes a greater responsibility for the critical thinking and learning required to be successful in the analysis of human movement.
Co-requisite: 38.317 Kinesiology Lab
Prerequisites: junior year status EP; Anatomy and Physiology I & II with Labs; Physiological Chemistry I & II (or Chem or General Chem) with labs; General Physics I & II with Labs, Intro to EP.

**38.317 Kinesiology Lab** Credits: 1
This course should be taken concurrently with 38.315.101. This course is designed to practically apply topics discussed in kinesiology lecture. Students are given the opportunity to engage in various activities that will allow them to observe and analyze the numerous factors involved in human motion and the impact of those factors on human performance. Students are given the opportunity and encouraged to explore areas of personal interest within the goals and objective of the course.
Co-requisite: 38.315 Kinesiology Lecture
Prerequisites: junior year status EP; Anatomy and Physiology I & II with Labs; Physiological Chemistry I & II (or Chem or General Chem) with labs; General Physics I & II with Labs; Intro to EP.

**38.356 Pharmacology** Credits: 3
This course provides an introduction to the chemistry, biochemistry, and physiological actions of various pharmaceuticals. Fundamental concepts will be stressed and will include a discussion of drug receptors, drug receptor interactions, pharmacokinetics, enzyme induction, drug metabolism, drug safety and effectiveness and idiosyncratic reactions. Several major groups of drugs will be studied. Articles from current literature will be discussed.
Prerequisites: junior year status EP; Anatomy and Physiology I & II with Labs; Physiological Chemistry I & II (Chem or General Chem) with labs; General Physics I & II with Labs; Intro to EP.

**38.406 Exercise Physiology II** Credits: 4
This course provides a continuation of Exercise Physiology I and deals with the short and long effects of exercise on the skeletal and neuromuscular systems. This portion of the sequence also provides an integration of the physiological systems when considering the effect of exercise.
Co-requisite: 38.408 Exercise Physiology II Lab

**38.408 Exercise Physiology II Lab** Credits: 1
This course is designed to provide the student with hands on experience in a variety of laboratory techniques and field techniques for the assessment of human performance.
Co-requisite: 38.406 Exercise Physiology I
Prerequisites: 38.305 EP I and 38.307 EP I Lab, 38.315 Kinesiology and 38.317 Kinesiology Lab

**38.412 Practicum** Credits: 4
This course is an off-campus experience in either a cardiac/pulmonary rehab clinical facility or in a fitness setting. Students experience practical applications of the concepts and theories learned in the classroom settings. Strength and conditioning, research or industry related setting, or other setting appropriate to the particular student’s interests.
Co-requisite: 38.418 Senior Seminar
Prerequisites: All 2nd and 3rd year course work in the Exercise Physiology major.
38.417 Research Methods In EP Credits: 3
This course involves an in-depth study of current research methods, topics with specific applications to
the field of Exercise Physiology, and an introduction to the best evidence practice The content includes
the sources of data acquisition, research design, testing procedures, and treatment of data.
Prerequisites: All 2nd and 3rd year course work in the Exercise Physiology major.

38.418 Senior Seminar Exercise Physiology Credits: 3
This course is specifically designed to enhance the practicum experience in the senior year.
Co-requisite: 38.412 Clinical Practicum I & II
Prerequisites: All 2nd and 3rd year course work in the Exercise Physiology major.

38.420 Advanced Study in Exercise Physiology Credits: 3
This course is designed as the final course required of all Exercise Physiology majors. Students summate
and integrate classroom and clinical experiences in Exercise Physiology in the preparation of a final
project. Course requirements are designed to encourage student learning and interest around individual
specific career plans or focus. The culmination of the course is production of a major project and a public
presentation through research and integration of oral, written and visual projects throughout the semester.
Class meetings focus on assisting students in establishing a professional identity while individual
conferences routinely discuss project planning, progress and problems. The course focus is to widen
your area of expertise and broaden your career choices.
Prerequisites: All 2nd and 3rd year course work in the Exercise Physiology major.

38.421 Directed Study in Health Promotion Credits: 3
Directed study offers student (by invitation / acceptance by a Faculty member in the Dept of Physical
Therapy) the opportunity to engage in a directed research project under the supervision of a department
member. Working closely with the instructor, students define and investigate a research topic in an area
of special interest and present the results of their investigation in a significant paper. Juniors (Spring
semester) and Seniors only.

38.422 Exercise Prescription & Programming Credits: 3
This course provides an essential foundation for exercise prescription and programming, and sound
educational practice. Factors that impede or enhance exercise compliance and progress are explored.
Clinical teaching skills, safety, and professional behavior are also addressed.
Prerequisites: All 2nd and 3rd year course work in the Exercise Physiology major.
II. PROGRAM REQUIREMENTS

TECHNICAL STANDARDS

The following guidelines have been developed to specify the essential functions students must demonstrate in order to fulfill the requirements of the Exercise Physiology curricula. Functions listed are required for the learning and practice of critical thinking, communication, and technical skills taught in the curricula. These functions may be required in practicum, classroom and laboratory environments.

The University of Massachusetts Lowell Exercise Physiology Program will consider for admission any applicant who demonstrates the ability to perform or learn to perform the functions listed in this document with or without reasonable accommodations or academic adjustments consistent with the American Disabilities Act (ADA). Applicants with disabilities are not required to disclose the existence or nature of their disability during the admissions process; however, any applicant with questions about these technical requirements is strongly encouraged to discuss the issue with a Department representative. If appropriate, and upon the request of the applicant/student, academic adjustments and/or reasonable accommodations may be provided.

Students in Exercise Physiology must demonstrate certain minimum skills, including:

1. Observational and Examination Skills:
   - Obtain an appropriate health/fitness/medical history from the patient/client.
   - Accurately examine body systems and determine vision, hearing, speech and non-verbal communication, cognition, strength, flexibility, and functional capacities of patients/clients in the context of Exercise Physiology.
   - Accurately examine cardiovascular fitness, including vital signs, blood pressure, breathing patterns, and exercise endurance.
   - Observe demonstrations and participate in classroom and laboratory experiences.
   - Reliably read all equipment monitors and dials.

2. Communication Skills:
   - Communicate (verbal, nonverbal and written) with others in a respectful, polite and confident manner.
   - Maintain accurate and timely documentation in all written assignments in classroom and practicum settings.
   - Translate complex information simply and clearly.
   - Maintain confidentiality of information/records in all settings.
   - Demonstrate understanding of English, including speaking, reading, and writing using correct grammar, accurate spelling, and expression.
   - Use communication technology timely and effectively, i.e. telephone, computer, UMass Lowell student email, ISIS and other classroom technologies.
3. Motor Skills:
A. Mobility
• Attend lecture and laboratory classes and access laboratories, classrooms and work stations.
• Attend internships in assigned locations.
• Accomplish required physical tasks for assessments, demonstration, leadership, and assistance in academic, laboratory, and internship settings.
• Perform emergency procedures such as first aid or CPR in laboratory and internship setting.
B. Strength tasks
• Safely and effectively administer exercise and training techniques which require demonstration, facilitation, spotting, or resistance.
• Manually adjust exercise and training equipment.
• Safely assist and guard patients/clients during exercise testing and training.
C. Fine motor and coordination skills
• Use palpation and touch to accurately assess pulse, locate and prep sites for electrode placement, and skinfold measurement.
• Accurately set equipment dials and switches, calipers, use stethoscopes and sphygmomanometers, and tape measures.
• Accurately assess blood pressure.

4. Critical Thinking Skills:
• Demonstrate the ability to recall knowledge, comprehend and interpret, apply, analyze, synthesize, and evaluate information obtained during didactic, laboratory, and/or practice setting experiences.
• Demonstrate problem-solving skills necessary for identifying/prioritizing problems, and developing appropriate solutions and treatment plans for patient/client problems as well as evaluating those solutions for efficacy.
• Demonstrate the ability to evaluate and integrate scientific research.

5. Behavioral and Social Skills:
• Demonstrate appropriate interpersonal skills evidenced by mature, sensitive, and effective professional interactions.
• Demonstrate a positive attitude (motivation) toward learning.
• Demonstrate attributes of honesty, integrity, enthusiasm, compassion, empathy, and continuous regard for others.
• Demonstrate emotional well-being necessary for exercising sound judgment.
• Demonstrate appropriate time management, dependability, and punctuality.
• Demonstrate ability to critique own performance, accept responsibility for one’s own actions, and follow through on commitments and assignments.
• Actively seek help when necessary and appropriately utilize constructive feedback.
• Demonstrate organizational skills, completing all professional responsibilities and assignments in a timely manner.
• Adapt to ever-changing environments, demonstrating flexibility, and learning in the face of the uncertainties and stressors inherent in the educational and practice settings.
• Delegate responsibility appropriately, and function as a member of a team.
• Demonstrate respect of personal space.
• Maintain appropriate personal hygiene and adhere to appropriate professional attire mandated by the department and practicum setting.
• Display cultural competency for individual, social, gender, and cultural differences in fellow students, colleagues, faculty, patients/clients and community members.
II. EP PROGRAM ACADEMIC POLICIES

A. Academic Honors and Awards

HONORS

University Honors: The University recognizes baccalaureate graduates who have attained exceptional scholastic distinction. To be eligible for such recognition a student must achieve a minimum grade point average of 3.0 for all courses completed at the University and must have earned a minimum of 60 semester credits at the University as upper class students. Three levels of distinction are noted at commencement: summa cum laude; 3.85, magna cum laude; 3.5, and cum laude; 3.25. University honors are officially entered on the permanent record of the students.

Honors College/Program: Undergraduate students enrolled in the University Honors Program who complete all program requirements graduate as Commonwealth Honors Program Scholars.

Dean’s List: To be eligible for the Dean’s List:
1. Undergraduate students must receive a semester grade point average (GPA) of 3.25 or higher.
2. Undergraduate students must take a minimum of 12 credits with grades of either A, A-, B+, B, B-, C+ or C for the semester. Grades of Pass/Fail or Satisfactory/Unsatisfactory do not count toward the 12 credits.
3. Undergraduate students cannot receive grades of incomplete (INC) for any course.
4. Undergraduate students cannot receive a grade lower that C for any course.
5. Students may not use grade deletions to improve their semester GPA and qualify for the Dean’s List.

AWARDS

All students are selected for an award based on a departmental review committee.

The Dean’s Award is given to the graduating senior with the highest GPA in the Exercise Physiology program.

Department Award: The Department recognizes baccalaureate graduates who have attained scholastic and distinction in service, research, or practicum experiences.

The Exercise Physiology Award of Excellence is given to the graduating senior who demonstrates outstanding promise as an Exercise Physiology professional. The student should demonstrate excellence in two or more of the following areas:
- Leadership skills
- Professionalism
- Academic performance
- Practicum performance

The Exercise Physiology Practicum Excellence Awards are given to those graduating seniors who demonstrate excellence during their senior Practicum experience.

B. Academic Regulations

Each university student is subject to two sets of academic regulations: those of the University (see the online catalog http://www.uml.edu/catalog/undergraduate/policies/default.htm)
and the academic rules of the college and program in which he/she is enrolled. EP program policies provided in this manual may be subject to change. Students sign a Receipt of Manual form Appendix A.

In registering for courses, each student assumes full responsibility for knowledge of and compliance with the definitions, regulations, and procedures for the University, as set forth in the online catalog. Moreover, in accepting admission to the University, each student assumes responsibility for knowledge of and compliance with the definitions, regulations, and procedures of the University pertaining to his or her student status as set forth in the appropriate UML publications. The academic rules for the Physical Therapy Department are presented below.
C. General Degree Requirements of the EP Program

Students are required to complete all curriculum requirements of the Exercise Physiology major (a minimum of 120 credits) and all University general education requirements. No more than 30 credits may be from Course Equivalency Examinations (CLEP). Transfer credits will not be accepted once the student has 60 credits at the university. Students may not take and transfer in credits from a 2 year college once the student has achieved junior status.

Students in the Exercise Physiology major must maintain:

- a minimum 2.5 overall GPA
- a minimum 2.5 cumulative average in required science courses (A & P I/II; General Physics I/II; Chemistry I/II (Phy Chem, General Chemistry, or Chemistry); and all labs)
- a minimum 2.5 average in EP major courses and may not get less than a C in any major course (major courses begin with 38).

Students must successfully complete all science prerequisites prior to entry into the junior year. (Anatomy & Physiology I & II; Physiological Chemistry/Chemistry/General Chemistry I & II, General Physics I & II with labs.)

In addition to the above mentioned science courses Biology for Health Sciences and Lab must be completed before entry into the Junior Year.

D. Academic Standing at the End of Each Semester

1) Grade point averages for all students in the Exercise Physiology program are reviewed at the end of each semester.

2) Students who fail to satisfy academic requirements will be dismissed from the program with the right to appeal. Letters of notification are mailed at the end of the semester to student’s home addresses. Students are required to maintain current addresses in ISIS.

3) Overall, science, and major GPAs are used to determine academic standing at the end of each semester. Grades cannot be deleted after the end of the semester in order to adjust academic standing for that particular semester. Academic standing is calculated as soon as grades are posted. Therefore students in the Exercise Physiology program who want to utilize the Repeated Coursework and Course Deletion option (see below) are required to delete grades of C- or below before the semester ends. The Repeated Coursework and Course Deletion option (removing the grade and credits of C- or below from the GPA and credits earned) allows students to repeat a course in a subsequent semester up to either 7 or 15 credits. See E. below.

To remove course credits students submit a Course Deletion form to the Registrar’s office A copy of the form can be found at http://www.uml.edu/docs/course_deletion_tcm18-103705.pdf

When submitting the form students agree to the following:

a. Once the grade deletion is processed by the Registrar's Office, I will lose the credits earned for this course. In addition, if the course is a required course for my major, I will need to take the course again to meet the requirement.

b. The original grade will always remain on my transcript, but the grade points earned will be calculated out of my GPA.
c. My academic standing does not change. For example, if you are on academic warning or suspension, this standing will remain even when the grade deletion is processed.

d. Only grades of a C- and below are eligible for grade deletion.

E. Repeated Coursework and Course Deletions

The paragraph below is taken from the online undergraduate catalog. For further details see http://www.uml.edu/Catalog/Undergraduate/Policies/Repeated-Coursework-and-Course-Deletions.aspx.

Students who entered the University of Massachusetts Lowell as freshmen or transfer to the University of Massachusetts Lowell with fewer than 60 semester credits are permitted a maximum of 15 semester credits for course repetitions/deletions to remove grades of C- or below earned in previously completed courses from their cumulative grade-point averages. Transfer students who enter the University with 60 or more credits are permitted a maximum of 7 semester credits of course repetitions for this purpose. The number of actual course repetitions permitted for any student depends on the number of credits allocated to the courses that he or she wishes to repeat.

Appendix F provides further details relevant to repeated coursework and course deletions and the impact on academic standing in for students in the EP program.

F. Practicum Experience

Grades for EP Practicum experience are given as either Satisfactory (S) / pass or Unsatisfactory (U) / fail. If a student receives an Unsatisfactory grade, he/she will be dismissed from the program with the right to appeal.

Students may not proceed to their Practicum Experience until all fr/soph/jr coursework is satisfactorily completed. Students must also complete specific health pre-requisites (as stated in the Professional and Technical Standards and Program Requirements).

G. Dismissal

Students will be dismissed from the program if he/she fails to meet the academic criteria stated above or receives an Unsatisfactory grade (U) on a Practicum Experience.

A student dismissed from the major has the right to appeal for reinstatement in the form of a written petition to the Department’s Professional Review Committee.

H. Appeals Process

The student has the right to appeal for reinstatement in the form of a written petition to the Department Professional Review Committee. The formal appeal, in writing and containing the pertinent facts, should be presented by the student to the Director of the EP program no later than the date specified in the letter of notification. The Professional Review Committee shall convene and discuss the appeal. The appeal must include: (1) an explanation of the reasons for the unsatisfactory performance and (2) an indication of what a student will change in order to succeed in the program. If reinstatement is recommended, the student will be placed on academic probation. Terms of the probation will be specified in a letter to the student.
I. Academic Probation

Students whose appeal is successful will be readmitted to the program on probation. Students placed on probation must meet all the conditions of their probation including maintaining all CHS and EP program criteria for the remainder of the time in the major. Students may be placed on probation only once. Failure to meet the terms of the probation will result in dismissal from the program with no further appeal possible.

J. Incomplete Grades

An incomplete grade may be granted when a student is temporarily unable to complete EP course requirements due to illness or unusual personal circumstances. An incomplete grade must be cleared no later than the end of the next semester of enrollment as stated in the University's official academic calendar. If the incomplete grade is received in a program course that is a prerequisite to the following semester’s course, the incomplete grade must be cleared prior to the commencement of the following course.

K. Physical Therapy Department Honor Code

All students are expected to adhere to the department Honor Code, Appendix B, which states: “I agree to adhere to the Honor Code of the Physical Therapy Department throughout my tenure in the Exercise Physiology program. I understand I am responsible for complying with professional standards of behavior. I understand prohibited practice and behaviors include cheating, lying or plagiarizing. The preservation of integrity in the academic process is an exercise of professional judgment. The Honor Code also requires that I will report to the faculty observable behaviors in other students who violate the Honor Code. The preservation of integrity in academic process is a responsibility of everyone.”

L. Non-Academic Dismissals and Appeals

An individual dismissed for non-academic reasons may be required to present statements documenting physical and/or mental health from appropriate licensed health care providers. On the basis of a review of such statements, the Professional Review Committee will determine if the individual will be reinstated or denied continuance in the program.

If the decision of the Department committee is not satisfactory to the student, the student may forward the appeal to the college dean within two weeks of the decision of the Department committee.

Additional information can be found in the Administrative Dismissal section of the online catalog at: http://www.uml.edu/catalog/undergraduate/policies/administrative_dismissal.htm
M. Academic Dishonesty and Prohibited Academic Practice and Behavior

The following definitions are provided for the information of all students and constitute official notice of prohibited academic practice and behavior as taken from the online catalog’s Academic Integrity web site. at http://www.uml.edu/catalog/undergraduate/policies/academic_dishonesty.htm

Academic dishonesty includes but is not limited to:

*Cheating* - use, or attempted use, of trickery, artifice, deception, breach of confidence, fraud, or misrepresentation of one's academic work. Submission of the same work in its entirety for credit in two courses without obtaining the permission of the instructors constitutes cheating.

Further defined cheating is:
- misrepresenting academic work which has been done by another as one’s own efforts – whether such misrepresentation has been accomplished with or without the permission of the other individual;
- utilization of prohibited assistance (whether in the nature of a person or a resource) in the performance of assignments and examinations;
- copying of another person’s work or the giving or receiving of information or answers by any means of communication during an examination;
- utilization of the services of a commercial term paper company;
- the unauthorized or fraudulent acquisition and/or use of another’s academic property.

*Fabrication* - falsification or invention of any information or citation in any academic exercise.

*Plagiarism* - representing the words or ideas of another as one's own work in any academic exercise.

Further defined plagiarism is:
- direct quotation or word-for-word copying of all or part of the work of another without identification or acknowledgment of the quoted work;
- extensive use of acknowledged quotation from the work of others which is joined together by a few words or lines of one’s own text;
- an unacknowledged abbreviated restatement of someone else’s analysis or conclusion, however skillfully paraphrased.

*Facilitating dishonesty* - helping or attempting to help another commit an act of academic dishonesty, including substituting for another in an examination, misrepresenting oneself, or allowing others to represent as their own one's papers, reports, or academic works.

N. Non-Academic Misconduct

Improper conduct or behavior of students is subject to the University of Massachusetts Lowell Student Conduct Code and Judicial Process. Copies of this document may be obtained from the Dean of Students Office. Further information on the Administrative Dismissal process can be found at http://www.uml.edu/Catalog/Undergraduate/Policies/Administrative-Dismissal.aspx.
O. Change of Major

Students have the option to transfer to other programs at the university if the minimum academic requirements are met.

Students dropped from the major may transfer to other majors in the College or University if the minimum academic requirements are met (requirements can be found on department web sites) and depends on a favorable decision by the department chair of that major. All intra-university transfers are on a space-available basis.

A Declaration of Major/Minor or Change of Major form can be found at http://www.uml.edu/docs/declarationofmajor_tcm18-3567.pdf

P. Withdrawal / Reinstatement

Students are expected to complete the degree in four consecutive years. In extenuating circumstances, the student can petition the Department Professional Review Committee for consideration of a withdrawal. If the withdrawal is approved, return to the program (reinstatement) is on a space-available basis and by clearing any program deficiencies that need to be made up.

The university’s policy on Withdrawal can be found at http://www.uml.edu/Catalog/Undergraduate/Policies/Withdrawal-from-University.aspx.
Q. Grading and Quality Points

Directions for students and advisors to calculate a GPA.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.0</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
</tr>
<tr>
<td>B-</td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td>2.3</td>
</tr>
<tr>
<td>C</td>
<td>2.0</td>
</tr>
<tr>
<td>C-</td>
<td>1.7</td>
</tr>
<tr>
<td>D+</td>
<td>1.3</td>
</tr>
<tr>
<td>D</td>
<td>1.0</td>
</tr>
<tr>
<td>D-</td>
<td>n/a</td>
</tr>
<tr>
<td>F</td>
<td>0.0</td>
</tr>
</tbody>
</table>

To calculate your GPA, determine the grade equivalent and multiple that number by the number of credits awarded for the grade. You have calculated the total quality points. Divide the total quality points by the total number of credits.

Example:

Grade equivalent x # credits = total quality points.

<table>
<thead>
<tr>
<th>Course</th>
<th>Grade</th>
<th>Credits</th>
<th>Grade Equivalent</th>
<th>Credits</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A &amp; P I</td>
<td>A</td>
<td>3</td>
<td>4.0</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td>A &amp; P I Lab</td>
<td>B</td>
<td>1</td>
<td>3.0</td>
<td>1/4</td>
<td>3/15</td>
</tr>
</tbody>
</table>

\[
\frac{15}{4} \text{ quality points} \div \frac{4}{4} \text{ credits} = 3.75 \text{ GPA}
\]
**Grading and Quality Points Continued**
Directions for students and advisors to calculate a EP Science GPA to remain in the major.

Student ________________________
Class of: ________________________

**Note:** A 2.5 “Science GPA” required to remain in the EP major means: A & P I/II; Phy. Chem. I/II; and Physics I/II with all labs. You must also maintain a 2.5 overall GPA.

<table>
<thead>
<tr>
<th>COURSE</th>
<th>Grade</th>
<th>Quality Points</th>
<th>Credits</th>
<th>=</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>A&amp;P I</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A&amp;P I Lab</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A&amp;P II</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A&amp;P II Lab</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*PhyChem I (or Chem I or Gen Chem I)</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*PhyChem I (or Chem I or Gen Chem I) Lab</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*PhyChem II (or Chem II or Gen Chem II)</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*PhyChem II (or Chem II or Gen Chem II) Lab</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Physics I</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Physics I Lab</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Physics II</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Physics II Lab</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL**                               |       |                | 24      | = | 24 science credits |

To calculate your EP Science GPA, determine the grade equivalent and multiply that number by the number of credits awarded for the grade. You have calculated the total quality points. Divide the total quality points by the total number of credits. (See previous page for example.)
R. Critical Incident Report

Note to students: faculty submit an Academic Critical Incident Report to the department if an incident involving a student needs to be reported.

Student’s Name:

Evaluator/Observer:

Date:

Description & Date of Incident:

Actions & Strategies Taken:

Student Comments:

Student’s Signature ________________________ Date ________________

Evaluator’s Signature ________________________ Date ________________

cc: Department Chair
    Academic Advisor
    Student
IV. GENERAL INFORMATION
A. Faculty / Staff Offices
To contact, either email or leave a voicemail. Faculty office hours are posted each semester.

The following faculty are located in Weed Hall:

Dr. Deirdra Murphy, Chairperson, Associate Professor
Weed 202  
Deirdra_Murphy@uml.edu  978-934-4533

Dr. Kyle Coffey, Lecturer
Office location TBD  978-934-4000
Kyle_Coffey@uml.edu

Dr. Gerard Dybel, Associate Professor,
Weed 220  
Gerard_Dybel@uml.edu  978-934-4410

Dr. Michele Fox, Lecturer, Associate Director of Clinical Education
Weed 322A  
Michele_Fox@uml.edu  978-934-4766

Dr. Keith Hallbourg, Clinical Associate Professor, Director of Clinical Education
Weed 322B  
Keith_Hallbourg@uml.edu  978-934-4402

Dr. Eric James, Associate Professor
Office location TBD  978-934-4000
Eric_James@uml.edu

Dr. Linda Kahn-D'Angelo, Professor, DPT Program Director
Weed 214  
Linda_Kahndangelo@uml.edu  978-934-4411

Dr. Andrea Mendes, Visiting Professor
Office location TBD  978-934-4483
Andrea_Mendes@uml.edu

Dr. JoAnn Moriarty-Baron, Lecturer
Weed 210C  
JoAnn_Moriartybaron@uml.edu  978-934-4412

Dr. Connie Seymour, Associate Professor & Coordinator Advanced Clinical Practice & Community Partnership
Weed 224  
Connie_Seymour@uml.edu  978-934-4434

Dr. Joyce White, Associate Professor
Weed 208  
Joyce_White@uml.edu  978-934-4414
The following faculty are located in O'Leary Library:

Dr. Sean Collins, Associate Professor  
Weed 540K  
Sean_Collins@uml.edu  
978-934-4375

Dr. Cynthia Ferrara, Associate Professor, Director of Exercise Physiology  
O'Leary 540M  
Cynthia_Ferrara@uml.edu  
978-934-4399

Dr. Erika Lewis, Associate Professor  
O'Leary 540L  
Erika_Lewis@uml.edu  
978-934-4405

Dr. Winnie Wu, Assistant Professor  
O'Leary 540F  
vining_wu@uml.edu  
978-934-6456

Department staff are located in Weed Hall:

Ann Bratton, M.A., Program Administrator  
Weed 210D  
Ann_Bratton@uml.edu  
978-934-3114

Dale Pevey, Coordinator of Laboratory Resources  
Weed 104  
Dale_Pevey@uml.edu  
978-934-4491
B. Academic Calendar

Students should be aware of the University’s academic calendar and meet its deadlines. [http://www.uml.edu/Registrar/Calendars/default.aspx](http://www.uml.edu/Registrar/Calendars/default.aspx)

C. Communication

Students and faculty will maintain unconditional positive regard for each other in all interactions. Students can make appointments with faculty and/or academic advisor to discuss issues confidentially. Students will resolve conflict in an appropriate fashion by discussing the situation first with the faculty member involved, with follow-up as needed to the Department Chair. Students are expected to be prompt and on time for class in appropriate attire. No cell phone will be used in class or throughout practicum experience. Students are required to notify faculty of absences prior to the start of class. Students are required to notify the Practicum Instructor as well as the practicum site supervisor of absences while on practicum.

Students must use their UMass Lowell email accounts and address for communication with faculty. Students are expected to check student email accounts periodically for information and updates. Students are expected to provide the Department with current postal address, phone number, and email addresses as well as prompt notification should a change occur.

D. Use of Facilities

Classrooms are in Weed Hall and should be maintained in good condition. Smoking is not permitted in Weed Hall. Laboratory hours (including open hours) are posted outside each room. Keys may be obtained (1) from the College of Health Sciences Coordinator of Laboratory Resources, Mr. Dale Pevey (Weed 103, 7:30-4:00, M-F), or (2) at the Dean’s office, (Weed 103, 8:30-5:00, M-F).

E. Laboratory Guidelines

Students should be appropriately dressed for lab activity as a professional atmosphere will be maintained in the lab. Dignity of subjects should be respected, and comfort and safety always provided.

Students are expected to:
1. Take personal responsibility for the care and maintenance of labs and all equipment.
2. Leave sinks and surrounding areas as clean as possible.
3. Return equipment and furniture to appropriate places after each use.
4. Get written permission from an instructor to remove any equipment or supplies from the building.
5. Tape a “Do Not Use” note on any equipment that appears broken or is not functioning properly and submit written information concerning the problem to an instructor.
6. Place linen in the appropriate container when soiled.
7. Not wear shoes on any equipment which contacts human skin (i.e. plinths, exercise mats, tilt table).

**Laboratory Safety Procedures**
1. Hands should be washed prior to and at the completion of laboratory work and before touching each new subject.
2. The room is to be occupied by a minimum of two students at all times.
3. Students are not to use equipment without prior authorization and instruction of a faculty member.
F. Computer Laboratory Information

The College of Health Sciences has three computer laboratories available for EP students. These labs are open between the hours of 8:30 AM – 9PM Monday through Thursday, and 8:30 AM – 6 PM on Fridays. The labs are not open on weekends, holidays, or weather related closings. A student must have a valid ID card to use the computer lab resources.

These labs are also used for classes throughout the school year. Any scheduled class will take precedence over an “open” lab period. All class use of the labs will be posted outside the door of each lab.

1. Weed 212
This lab consists of 24 Dell workstations and one teaching station. There is also a print station consisting of one Dell computer and a HP LaserJet 4200 Series Printer in the front of the room. These machines contain the standard Microsoft Office Suite as well as Adobe Acrobat, SPSS, and the nursing program specific software such as NCLEX 3550 and the MediSims. They also contain the browsers and other software needed to complete homework and online class work. In addition, this room contains the ArcGIS software.

2. Weed 216
This lab consists of 17 Dell workstations and one teaching station. There is also a print station consisting of one Dell computer and a HP LaserJet 4200 Series Printer in the front of the room. These machines contain the standard Microsoft Office Suite as well as Adobe Acrobat, SPSS, and the nursing program specific software such as NCLEX 3550 and the MediSims. They also contain the browsers and other software need to complete homework and online class work.

3. Kitson 200B
This lab consists of 6 Dell workstations and is primarily for the use of Work Environment students. These machines contain the standard Microsoft Office Suite as well as Adobe Acrobat, SPSS, but also have many other statistical packages installed on them. Also installed is the ArcGIS software and the browsers and other software need to complete homework and online class work.

The usage of these Laboratories and their resources is governed by the procedures and rules outlined in the UMass Lowell College of Health Sciences Acceptable Use Policy (following page). Failure to comply with these policies will result in the loss of CHS computer lab privileges.
College of Health Sciences Acceptable Use Policy

In order to make available the limited amount of resources to the most students, several policies have been put in place to govern use of the computer labs in the College of Health Sciences (CHS). Most policies have been addressed in the University of Massachusetts at Lowell Computer Network Usage Policy. This document adds additional specific policies regarding the use of CHS computer lab equipment and resources.

Violation of these policies and procedures could result in loss of lab use privileges.

Workstations

There are 3 computer labs designated for use by the College of Health Sciences students: Weed 212, Weed 216 and Kitson 200B.

These systems are to be used only by students currently enrolled in a College of Health Sciences program. You may not move or attempt to move any piece of equipment. If equipment needs repair, you are to make it known to the lab staff. You are not to change the setup of any computer in the lab. The computers have been setup to accommodate the vast majority of the students. If you need a specific change, please contact the lab staff.

Unauthorized use

It is the responsibility of the users to ensure that they make sure that they are indeed enrolled in a program in the College of Health Sciences. You may be asked to show your ID and have your name checked against a master roster at any time by the lab staff. You will be asked to leave the lab if you are not on the master roster.

You may not use the lab resources to gain unauthorized access to other UML or non-UML computer systems. This also includes but is not limited to “password cracking”, “spamming”, “hacking” or “denial of service attacks”.

Printer usage

Only CHS enrolled students will be able to print in the computer labs. Each student will be given a password to use the print stations. When clicking “Print” on your job, you will be prompted for your username and password to print. It is the responsibility of the user to keep this account and password secret. Users who give out their printing username/password to other individuals will have their access to printing privilege revoked. If you do not know the username and password, please see a lab staff member and he/she will check your name and ID against the master roster. If your name does not appear on that roster, it is the user’s responsibility to have that corrected.

If there is a problem with the printer, please do not try to fix it yourself. Please tell a member of the lab staff and the issue will be corrected as soon as possible.

Eating and Drinking and Cleanliness

There is absolutely no eating, drinking or smoking in the labs. Food and drink may not be brought into the labs, including unopened items. Failure to comply with this policy will result in the loss of lab privileges.

It is the responsibility of the user to keep his/her work area clean. Please take any refuse with you when you leave.

Game Playing

Game playing is not permitted in the labs at any time unless specific authorization of the lab staff has been granted. There are limited resources and these need to be available for others who have been assigned homework using the specific software installed in the labs.
G. Counseling Center

The UML Counseling Center offers individual and group counseling to assist students who have concerns in vocational, personal, and educational areas. Counseling services are available free of charge and with the complete assurance that any concern discussed will be held in strictest confidence. The center is located on the 3rd floor of the McGauvran Student Center, South Campus, (978-934-4331) http://www.uml.edu/student-services/counseling/

H. Career Services

The Career Services Office provides assistance with dissemination of vocational information and career interviewing services. A basic resource library in the office provides occupational information, industrial literature, graduate school information, and self-help career aids. Students can establish and maintain an up-to-date file of personal records, a resume, letters of recommendation, and other supportive documentation. Copies of student credentials are sent to prospective employers upon their request or at the request of the student.

Activities conducted by Career Services include the following: letter writing clinics, resume writing clinics, salary negotiations, a travel-business etiquette success seminar, full and part time job placement, interviewing practice, graduate placement, and guest speaking services. Students are encouraged to avail themselves of these services early on in their undergraduate career. These services are also available to alumni. Offices are located on both north and south campus, http://www.uml.edu/student-services/career_services/default.html

I. Health Services

The Student Health Services exists to provide accessible, affordable, quality healthcare to all University of Massachusetts Lowell students, with a particular focus on wellness and prevention. Health Services is locate in the McGauvran Student Center, South Campus, (978-934-4991), http://www.uml.edu/student-services/health/

J. Library Services

Students are encouraged to take advantage of services provided at both the O’Leary Library on south campus and the Lydon Library on north, http://libweb.uml.edu/information_services/hours.html

K. Tutoring Services

Tutoring is available to all College of Health Science students in the Resource Room on the first floor of Weed Hall. Tutoring schedules are posted outside the room each semester.

Tutoring is also available at the Centers for Learning in O’Leary Library on South campus as well as on North campus http://www.uml.edu/CLASS/Tutoring/default.aspx
L. Professional Organizations

**American College of Sports Medicine (ACSM) Certifications**
http://certification.acsm.org/get-certified

**Health Fitness Certifications**
- ACSM Certified Group Exercise Instructor
- ACSM Certified Personal Trainer
- ACSM Certified Health Fitness Specialist

**Clinical Certifications**
- ACSM Certified Clinical Exercise Specialist
- ACSM Registered Clinical Exercise Physiologist

**Specialty Certifications**
- Exercise Is Medicine® Credentials
- ACSM/ACS Certified Cancer Exercise Trainer
- ACSM/NCHPAD Certified Inclusive Fitness Trainer
- ACSM/NPAS Certified Physical Activity in Public Health Specialist

**American Society of Exercise Physiologists (ASEP) MEMBERSHIP**
http://asep.org/?q=people/application
- Membership application

**American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)**
- AACVPR program certification process
- Cardiac and pulmonary certifications
https://www.aacvpr.org/MemberCenter/JoinAACVPRorRenewYourMembership/tabid/86/Default.aspx
- AACVPR membership for cardiovascular and pulmonary rehabilitation

**National Strength and Conditioning Association (NSCA)**
http://www.nsca.com/Certification/
- The Certified Strength and Conditioning Specialist®
- The Certified Special Population Specialist®
- The NSCA-Certified Personal Trainer®
- Tactical Strength and Conditioning-Facilitators
http://www.nsca.com/Membership/
- Membership application
V. Exercise Physiology Practicum

This capstone course in the EP curriculum is taken during either the fall or spring semester in the Senior year. It is an integrated practicum in which students are assigned either to a cardiopulmonary rehabilitation facility, fitness center, research facility or strength and conditioning setting for 12 hours per week for 12 weeks. This experience is an integrated one, meaning students also return to campus to take other courses and attend Senior Seminar. The practicum is designed as a practical application of knowledge and as an opportunity to polish professional behavior, communication skills (verbal, non-verbal, written), problem-solving abilities, safety, and administrative/management skills. The goal of the Department of Physical Therapy Exercise Physiology Program is to prepare entry-level practitioners in Exercise Physiology.

A. Practicum General Policies

1. The practicum component of the curriculum is directed by the Practicum Instructor with the Practicum Coordinator. The Practicum Instructor and Coordinator identify and develop sites which are suitable and compatible with the EP program. Students should not contact a facility to establish a practicum experience. Guidelines to propose a new practicum site are in section V., item F.

2. All affiliations sign a contractual Agreement with the University. This Agreement, which is a legal and binding document, outlines the rights and responsibilities of each party. All such Agreements must be in place prior to any student beginning practicum.

3. Any costs for practicum education are the students’ responsibility. These may include: transportation, parking, attire, nametags, meals, health pre-requisites, CPR certifications, etc.

4. Students will meet with the Practicum Coordinator in their junior year to discuss pre-requisites for the practicum experience. These include health pre-requisites, immunizations, CORI checks, CPR certification etc. All these must be completed prior to beginning a practicum. In addition, some placements may also require an interview prior to being accepted to their site, attendance at an orientation or training prior to their first day of practicum, or an on-site blood or drug test.

5. The Practicum Instructor and Coordinator will meet with the students in the junior year to determine who will go out on practicum during the fall semester or during the spring semester of their senior year. There is no guarantee for placement because of a student’s employment, lack of transportation, family responsibilities, or athletic team participation.

6. Students must be enrolled in Senior Seminar at the same time as practicum.

7. The Practicum Instructor and/or Practicum Coordinator will visit a site as needed. Should arrangements be made to withdraw a student from a practicum for any reason, each case will be handled on an individual basis. In some cases, students may conclude their assignment at a later date (i.e. withdrawal for a medical reason) or a student can be dropped from the EP program.

8. Students who have special physical, mental, or emotional problems are expected to disclose this information to the Department prior to consideration for practicum placement. Medical diagnoses and medications must be known (specifically) for the students safety as well as for the safety of the clients with whom they will interact. All information disclosed is confidential.
B. Health Requirements

All students in the Exercise Physiology program must provide the following:

a. Prior to entry into the Practicum in the senior year (fall or spring), provide evidence of a current physical exam indicating satisfactory general health and proof of immunization for measles, chicken pox or the varicella vaccine, mumps, rubella, and Hepatitis B. In addition, students must have had a tetanus shot within 10 years or Tdap vaccine, and be free of tuberculosis. Practicum sites may have additional requirements (flu shot, test for color blindness, etc.). Students must complete all requirements of their practicum. See Appendix C. Failure to submit all required health documentation by the required deadline may result in termination of practicum placement.

b. Any other pertinent health information/needs must be communicated to the department faculty in a timely manner.

C. CPR Certification (Infant Through Adult)

Evidence of current CPR Certification is required prior to entry in the senior year.

- The CPR certification must cover the entire practicum semester.
- The CPR certification must be for the healthcare provider and include CPR and AED for the adult, child and infant.
- The CPR certification should be from a reputable source (i.e. American Heart Association, American Red Cross).

D. CORI Check

A criminal background check (CORI check) is required before starting the Clinical Practicum. See Appendix D.

Massachusetts passed the Criminal Offender Record Information (CORI) act in 1996. According to the CORI Act, Massachusetts General Laws Chapter 7, sections 167-178, agencies have the right to require a criminal record check on any student affiliating at their institution. Education practicum experiences and some state licensing boards require a CORI check.

Failure to pass a CORI check may jeopardize continued matriculation in the program, practicum placements, eventual licensure and/or certification. Final determination of a failed CORI check will be made by the department’s Professional Review Committee. Processing of the CORI can take several weeks therefore it is imperative that the paperwork be completed thoroughly and in a timely manner.

NOTE: A current driver’s license or state issued ID is required to process the CORI.

E. Dress Standard

While recognizing that personal tastes and styles may vary considerably, the EP program promotes a dress and grooming code that all students are expected to review and follow. Guidelines are not created to dictate strict conformity or to impose oppressive restrictions. They are standards that should be followed to ensure a personal appearance that is expected of students in the profession. This professional image should be maintained while in the classroom and laboratory, at a practicum site, and while attending college events or conferences on or off-campu.
• Students should demonstrate good hygiene and avoid wearing strong perfumes/colognes.
• Students should wear neat and clean clothing and avoid wearing clothing with offensive language.
• Hats, hoods and sunglasses should be removed while indoors.
• Clothing that is too tight, form fitting, loose fitting, or exposes cleavage, undergarments, midsection, underwea or buttocks is not allowed.
• Visible tattoos should be covered with a bandage or clothing.
• Facial piercings should be removed while on practicum.
• Ear gages should be plugged closed with plugs matching skin.
• Students must adhere to any dress code requirements as stipulated by the practicum site.

If you are unsure about a practicum site dress code, ask your Site Supervisor or discuss with the Practicum Instructor.

F. Emergency Policy

1. Medical Emergency
   In the event of a medical emergency involving a UMass Lowell student, practicum sites are instructed to follow the procedure outlined below:
   a. Take necessary action to deal with the immediate emergency at the site.
   b. During normal business hours, contact the Practicum Coordinator Ann Bratton at (978) 934-3114 in the Department of Physical Therapy.
   c. Notify the student’s emergency contact on the form completed with the Practicum Site Supervisor the first week of practicum. A copy of this form is also given to the Practicum Coordinator.

2. Exposure to Bloodborne Pathogens while on Practicum
   All students are expected to follow Universal Precautions. In the event of exposure to bloodborne pathogens, the student will follow these procedures.
   a. Follow agency policy for reporting, testing, treatment AND THEN REPORT TO
   b. UML’s Health Services Director, Nancy Quattrocchi at (978) 934-4492 for reporting, referral for testing, and referral for treatment if not provided by the agency.

   Health Services will provide confidential medical evaluation and follow-up. Students need not share the details of the incident with anyone except the Director of Health Services. It is the exposed student’s option to participate in the testing and treatment.

G. Practicum Attendance Policy

Practicum experiences are part time (12 hours per week for 12 weeks) and times are arranged by mutual agreement of the student and supervisor. (Students will follow the University calendar.) Attendance is mandatory during practicum hours. Make up of any missed hours are at the discretion of the student’s supervisor, in consultation with the Practicum Instructor. Prolonged absence due to illness or injury may result in the student being pulled from practicum and re-assigned in another semester.

1. If a student cannot attend practicum due to illness, injury or family emergency, the student must notify his/her site supervisor and the Practicum Instructor.
2. Students are excused from practicum should the University be closed due to a snow day. Any make-up for snow days is a mutual decision between the site supervisor and the student.

3. Students who are observing religious holidays shall be excused from practicum that day and be given the opportunity to make up those hours. Speak to your site supervisor and to the Practicum Instructor ahead of time.

4. Attendance at the co-requisite Senior Seminar is mandatory. If there are any problems, contact the Practicum Instructor.

**H. Other Policies**

1. Students may NOT get paid by the site during their practicum semester. It is both an ethical consideration and is specifically prohibited by our contractual agreements.

2. Students may NOT “double up” hours to finish clinical before the end of the semester.

3. Students may NOT do any invasive procedures such as drawing blood for a cholesterol test; as they are not trained and qualified to do so.

4. Students MUST wear a nametag at all times at practicum so they are clearly identified as a UML student.

5. Students MUST observe [Universal precautions](#).

6. Students MUST maintain confidentiality and all Health Insurance Portability and Accountability Act ([H.I.P.A.A.](#)) regulations.

The emphasis of the Senior Practicum 38.412 is based on the practical application of principles of Exercise Physiology in a cardiopulmonary and/or cardiac rehabilitation setting, fitness center, research facility or strength and conditioning setting. Learning experiences are designed to reinforce didactic knowledge and skills acquired in the Exercise Physiology Program.

These guidelines are developed for students who would like to request a new practicum site be established. The site CANNOT be a privately owned physical therapy site. Available sites are provided in the Junior Seminar documents and should be used as a guide. See the Practicum Coordinator to discuss as soon as you identify a site you would like to propose.

New practicum site proposals must be submitted a full two months prior to the selection process as it takes many weeks to work out the details.

- For the **spring** selection process the **deadline** would be the **last week in September**.
- For the **fall** selection process the **deadline** would be the **second week in February**.
VI. Appendices

APPENDIX A

THROUGH

APPENDIX F
Appendix A Receipt of Student Manual

University of Massachusetts Lowell
College of Health Sciences

Department of Physical Therapy

Exercise Physiology Program
Student Manual

Class of 2018

I have read and understand the information in this student manual. I agree to abide by the policies contained within this student manual.

Signature: ____________________________________________

Print name: ____________________________________________

Date: ___________________________    ISIS #: _________________________
Appendix B  Honor Code Testament

University of Massachusetts Lowell
College of Health Sciences

Department of Physical Therapy

Honor Code

I agree to adhere to the Honor Code of the Physical Therapy Department throughout my tenure in the Exercise Physiology program. I understand I am responsible for complying with professional standards of behavior. I understand prohibited practice and behaviors include cheating, lying or plagiarizing. The preservation of integrity in the academic process is an exercise of professional judgment. The Honor Code also requires that I will report to the faculty observable behaviors in other students who violate the Honor Code. The preservation of integrity in academic process is a responsibility of everyone.

Signature:_________________________________________________________________

Print name:________________________________________________________________

Date:___________ ________________       ISIS #: _________________________
Memo

To: _______________________________________   ______________________
   Student Name     ISIS #

From: Ann Bratton, Practicum Coordinator

Subj: Practicum Checklist

Date: January 1, 2015

Listed below are the items that must be submit in order to go on senior practicum whether it is fall or spring.

1) PHYSICAL EXAMINATION FORM
   The Physical Examination form provides your site with information regarding your health status within the past year.
   • Your physical MUST BE CURRENT WITHIN THE YEAR AND MUST NOT EXPIRE DURING YOUR TIME ON PRACTICUM. If it does expire, you will need to have an examination on the date following the expiration. Any delay in processing a new physical exam will jeopardize your completing practicum and graduating on time.
   • Make sure these forms are COMPLETELY FILLED OUT AND SIGNED by your MD or Student Health Services.

2) IMMUNIZATION RECORD
   The Immunization Record provides a history of all your immunizations.

   If you submit your doctor’s report instead of the forms listed above be sure it contains ALL of the information contained on the forms including:
   - Health Status
   - Documentation of Chicken Pox or the varicella vaccine – 2 doses*
   - MMR – 2 doses*
   - Mantoux (TB Test/PPD) – this needs to be within one year. Your test result should be completed and documented for submittal of paperwork on March 27th or November 6th.
   - Note: You must complete page 2 of the TB test form, page 1 should be ignored. The test is required regardless of your answers to the questions on page 1.
   - Hep B
   - Tdap vaccine – 1 dose* or prior documentation of tetanus immunization.
Some sites require additional health documentation. Examples would be flu shot, a second TB test, color vision test, or drug test.

3) INSURANCE INFORMATION: Include a COPY of your insurance care with the health forms.

4) CPR CERTIFICATION: this must cover you for the entire practicum semester. INCLUDE A COPY OF YOUR CARD IN THE HEALTH PACKET. Please be sure to include your signature on the card.

5) CORI: the process will be completed during Junior Seminar.

6) NAME TAG: will be distributed on the first day of Senior Seminar.
PHYSICAL EXAMINATION
(Must be completed within the past twelve months)

Student Name ___________________________ Date of Exam _______________________

Height _______  Weight _______  BP _______  Pulse _______  Hearing: Right _______  Left _______
Vision: Without correction: Right 20/____  Left 20/____  With correction: Right 20/____  Left 20/____

The Athletic Trainer may have access to the physical examination report of students who elect to participate in athletics.

<table>
<thead>
<tr>
<th>SYSTEM</th>
<th>NORMAL</th>
<th>DESCRIBE ABNORMALITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HEENT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respiratory</td>
<td></td>
<td></td>
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<tr>
<td>Breast Cardiovascular</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gastrointestinal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genitourinary Pelvic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(if indicated)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymphatic</td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
</tr>
<tr>
<td>Neurological</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Endocrine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


CURRENT MAJOR & CHRONIC PROBLEMS

____________________________________

____________________________________

____________________________________

ACUTE & MINOR PROBLEMS

____________________________________

____________________________________

____________________________________

If the student is under care for a chronic condition or serious illness please provide additional clinical reports to assist us in providing continuity of care.

Additional comments and recommendations:

____________________________________

Please list any special DIETARY REQUIREMENTS:

____________________________________

Please list all ALLERGIES (including medications, insect venom, foods, etc):

____________________________________

Type of reaction ______________________

Please list all MEDICATIONS currently being taken (include OTC’s, contraceptives):

____________________________________

Recommendations for physical activity:  ☐ unlimited  ☐ limited (specify) __________________________

____________________________________

Health Care Provider (please print) __________________________

Address ___________________________________________

Phone (__) __________________ Fax (__) __________________

Provider’s Signature __________________________

Mail completed form to:
UMASS Lowell
Student Health Services
71 Wilder Street, Suite 5
Lowell, MA 01854-3091
Telephone: (978) 934-4991
IMMUNIZATION RECORD

This form must be completed and signed by a health care provider

In accordance with Massachusetts College Immunization Law, 105 CMR 220.600, U Mass Lowell requires verification of immunity for measles, mumps, rubella, tetanus, diphtheria, pertussis, hepatitis B, and varicella. Exact dates are required for all immunizations and/or serologic test results. If serology titers indicate lack of immunity, vaccines must be administered.

Student's Name ___________________________ Last ___________ First ___________ M.I. ___________ Date of Birth ___________ Month ___________ Day ___________ Year ___________

REQUIRED IMMUNIZATIONS

1. MMR (Measles, Mumps, Rubella) 2 doses required
   ☐ Dose 1 Immunized on or after first birthday Date: ___ ___ ___
   ☐ Dose 2 Given at least one month after Dose 1 Date: ___ ___ ___
   ☐ OR Born in USA before 1957 (except students in health professions with patient contact) Date: ___ ___ ___

   If unable to document two MMR immunization dates, must provide:
   ☐ Measles serology immune titer value _______ Interpretation: Immune Not Immune Date: ___ ___ ___
   ☐ Mumps serology immune titer value _______ Interpretation: Immune Not Immune Date: ___ ___ ___
   ☐ Rubella serology immune titer value _______ Interpretation: Immune Not Immune Date: ___ ___ ___

2. TETANUS-DIPHTHERIA-ACELULAR PERTUSSIS (Tdap)
   ☐ Received Tdap (after 2004) Date: ___ ___ ___

3. HEPATITIS B
   ☐ Hepatitis B immunizations
   ☐ OR Recombivax (adolescent schedule: 2 doses between ages 11 and 15; at least 4 months apart)
      Dose 1 Date: ___ ___ ___
      Dose 2 Date: ___ ___ ___
      Dose 3 Date: ___ ___ ___

   If unable to document Hepatitis B immunization dates, must provide:
   ☐ Hepatitis B serology (HBsAb) value _______ Interpretation: Immune Not Immune Date: ___ ___ ___

4. MENINGOCOCCAL (not required for commuter students) Commuter: ☐ Yes ☐ No
   All new students, living in University housing, must provide documentation of having received Meningococcal vaccine or must sign the enclosed waiver.

   ☐ MCV4 (single dose Menactra or Menveo) Date: ___ ___ ___

5. VARICELLA (chicken pox)
   ☐ Varicella immunizations (after 1994)
      Dose 1 Date: ___ ___ ___
      Dose 2 Date: ___ ___ ___
   ☐ OR Born in USA before 1980 (except students in health professions with patient contact)

   If unable to document two Varicella immunization dates, must provide one of the following:
   ☐ Varicella serology immune titer value _______ Interpretation: Immune Not Immune Date: ___ ___ ___
   ☐ Reliable history of disease with date verified by health care provider. Date: ___ ___ ___

Please note that values and dates must be provided for each and every vaccine as indicated.

HEALTH CARE PROVIDER (Please print)

Name ___________________________ Signature ___________________________

Address ___________________________ Telephone (_____) ___________________________
**TUBERCULOSIS RISK ASSESSMENT**

### Personal Information
- **Name:**
- **Last:**
- **DOB:**
- **SID#:**
- **Country of Birth:**
- **DOH:**
- **First:**
- **M.I.:**
- **Home Address:**
- **Local Address:**
- **Phone Number:**
  - **(home)**
  - **(cell)**

### Tuberculin Skin Test (TST)
- **Plant date:**
- **Read date:**
- **Result:**
  - **mm of induration**
  - **Positive**
  - **Negative**
- **Interpretation:**
  - **48-72 hours after plant date**
  - **If no induration, write 0.**
  - **If positive, continue below.**

### If POSITIVE Tuberculin Skin Test (now or by history) the following are required:
- **Date of positive TST:**
- **Result:**
- **mm of induration**
- **Chest X-ray:**
  - **Normal**
  - **Abnormal**
  - **(attach report, NOT the X-ray)**
  - **Date:**
- **Clinical Evaluation:**
  - **Normal**
  - **Abnormal**
  - **Describe:**
- **Treatment:**
  - **No**
  - **Yes**
  - **Drug/s, dose, frequency, and dates:**
  - **[Signature of Health Care Provider]****

**Health Care Provider**
- **Name:**
- **Address:**
- **Signature:**
- **Phone:**

---

**Interpretation Guidelines**

- **5 mm or greater is positive:**
  - Recent close contacts of an individual with infectious TB
  - Persons with fibrotic changes on a prior chest x-ray consistent with past TB disease
  - Organ transplant recipients
  - Immunocompromised persons: taking >15 mg/d of prednisone for > 1 month; taking a TNF-α antagonist
  - Persons with HIV/AIDS

- **10 mm or greater is positive:**
  - Persons born in a high prevalence country or who resided in one for a significant amount of time
  - History of illicit drug use
  - Mycobacteriology laboratory personnel
  - History of resident, worker or volunteer in high-risk congregate settings
  - Persons with the following clinical conditions: silicosis, diabetes mellitus, chronic renal failure, leukemias and lymphomas, head, neck or lung cancer, low body weight (>10% below ideal), gastrectomy or intestinal bypass, chronic malabsorption syndromes

- **15 mm or greater is positive:**
  - Persons with no known risk factors for TB disease

---

**Rev. 3/1/09**
Appendix D

CRIMINAL OFFENDER RECORD INFORMATION (CORI)
ACKNOWLEDGEMENT FORM

TO BE USED BY ORGANIZATIONS CONDUCTING CORI CHECKS FOR EMPLOYMENT, VOLUNTEER, SUBCONTRACTOR, LICENSING, AND HOUSING PURPOSES.

The University of Massachusetts Lowell is registered under the provisions of M.G.L. c. 6, § 172 to receive CORI for the purpose of screening current and otherwise qualified prospective employees, subcontractors, volunteers, license applicants, current licensees, and applicants for the rental or lease of housing.

As a prospective or current employee, subcontractor, volunteer, license applicant, current licensee, or applicant for the rental or lease of housing, I understand that a CORI check will be submitted for my personal information to the DCJIS. I hereby acknowledge and provide permission to The University of Massachusetts Lowell to submit a CORI check for my information to the DCJIS. This authorization is valid for one year from the date of my signature. I may withdraw this authorization at any time by providing The University of Massachusetts Lowell written notice of my intent to withdraw consent to a CORI check.

FOR EMPLOYMENT, VOLUNTEER, AND LICENSING PURPOSES ONLY:

The University of Massachusetts Lowell may conduct subsequent CORI checks within one year of the date this Form was signed by me provided, however, that The University of Massachusetts Lowell must first provide me with written notice of this check.

By signing below, I provide my consent to a CORI check and acknowledge that the information provided on page 2 of this Acknowledgement Form is true and accurate.

______________________________   _______________________
Signature                          Date
SUBJECT INFORMATION: (A red asterisk (*) denotes a required field)

*Last Name                  *First Name                  Middle Name

Suffix

Maiden Name (or other name(s) by which you have been known)

Date of Birth ___________________________       Place of Birth ___________________________

*Last six Digits of Your Social Security Number __ - __ - __ - __

Sex: ___________________ Height: ____ ft. ____ in. Eye Color: ___________ Race: ___________

*Driver’s License or ID Number: _____________________ State of Issue: _____________

Mother’s Full Maiden name ___________________       Father’s Full Name ___________________

Current and Former Addresses:

_________________________ ___________________ ________________ ________________
Street Number & Name       City/Town       State       Zip

_________________________ ___________________ ________________ ________________
Street Number & Name       City/Town       State       Zip

The above information was verified by reviewing the following form(s) of government-issued identification:

__________________________________________________________

__________________________________________________________

VERIFIED BY:

__________________________________________________________
Name of Verifying Employee (Please Print)

__________________________________________________________
Signature of Verifying Employee
# Course of Study for Exercise Physiology

**Class of 2016 and beyond**

## Freshman Year/Fall Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>35.101</td>
<td>Human Anatomy &amp; Phys. I (SCL)</td>
<td>3</td>
</tr>
<tr>
<td>35.103</td>
<td>Human Anatomy &amp; Phys. I Lab</td>
<td>1</td>
</tr>
<tr>
<td>42.101</td>
<td>College Writing I (Gen. Ed.)</td>
<td>3</td>
</tr>
<tr>
<td>47.101</td>
<td>General Psychology (Gen. Ed. SS)</td>
<td>3</td>
</tr>
<tr>
<td>38.101</td>
<td>EP Fr. Seminar</td>
<td>1</td>
</tr>
<tr>
<td>92.283</td>
<td>Intro to Statistics (Math)</td>
<td>3</td>
</tr>
<tr>
<td>48.101</td>
<td>Intro. Sociology (Gen.Ed.) SS, D, E</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Cr. = 17**

## Freshman Year/Spring Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>35.102</td>
<td>Human Anatomy &amp; Physiology II (SCL)</td>
<td>3</td>
</tr>
<tr>
<td>35.104</td>
<td>Human Anatomy &amp; Phys. Lab II</td>
<td>1</td>
</tr>
<tr>
<td>42.102</td>
<td>College Writing II (Gen. Ed.)</td>
<td>3</td>
</tr>
<tr>
<td>47.260</td>
<td>Child &amp; Adolescent Dev. (Gen. Ed) SS</td>
<td>3</td>
</tr>
<tr>
<td>30.102</td>
<td>Intro to Public Health</td>
<td>3</td>
</tr>
<tr>
<td>81.124</td>
<td>Biology for Health Sciences Lab</td>
<td>1</td>
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</table>

**Total Cr. = 17**

## Sophomore Year/Fall Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>35.206</td>
<td>Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>95.103</td>
<td>General Physics I Lecture</td>
<td>3</td>
</tr>
<tr>
<td>96.103</td>
<td>General Physics I Lab</td>
<td>1</td>
</tr>
<tr>
<td>(Gen Ed)</td>
<td>Arts/ Humanities Elec.</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Cr. = 14**

## Sophomore Year/Spring Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.202</td>
<td>Intro. to Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>95.104</td>
<td>General Physics II Lecture</td>
<td>3</td>
</tr>
<tr>
<td>96.104</td>
<td>General Physics II Lab</td>
<td>1</td>
</tr>
<tr>
<td>(Gen Ed)</td>
<td>Arts/ Humanities Elec.</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Cr. = 14**

## Junior Year/Fall Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>36.350</td>
<td>Human Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>38.305</td>
<td>Exercise Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>38.307</td>
<td>Exercise Physiology Lab I</td>
<td>1</td>
</tr>
<tr>
<td>38.315</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>38.317</td>
<td>Kinesiology Lab</td>
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</tr>
<tr>
<td>(Gen Ed)</td>
<td>Arts/ Humanities Elec.</td>
<td>3</td>
</tr>
</tbody>
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**Total Cr. = 15**

## Junior Year/Spring Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>30.306</td>
<td>Intro to Gerontology OR</td>
<td>3</td>
</tr>
<tr>
<td>47.360</td>
<td>Adult Development and Aging</td>
<td>4</td>
</tr>
<tr>
<td>38.406</td>
<td>Exercise Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>38.408</td>
<td>Exercise Physiology Lab II</td>
<td>1</td>
</tr>
<tr>
<td>38.356</td>
<td>Pharmacology</td>
<td>3</td>
</tr>
<tr>
<td>38.301</td>
<td>EP Junior Seminar</td>
<td>1</td>
</tr>
<tr>
<td>47.272</td>
<td>Abnormal Psychology</td>
<td>3</td>
</tr>
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</table>

**Total Cr. = 15**

## Senior Year/Fall Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.412</td>
<td>Clinical Practicum (1/2 the class)</td>
<td>4</td>
</tr>
<tr>
<td>38.417</td>
<td>Research Methods in Exercise Phys.</td>
<td>3</td>
</tr>
<tr>
<td>38.418</td>
<td>Senior Seminar</td>
<td>3</td>
</tr>
<tr>
<td>38.422</td>
<td>Exercise Prescription &amp; Programming</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Cr. = 16**

## Senior Year/Spring Semester

<table>
<thead>
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<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.420</td>
<td>Advanced Study in Exercise Phys. **</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
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</tr>
</tbody>
</table>

**Total Cr. = 12**

**OR**

## Senior Year/Fall Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.417</td>
<td>Research Methods in Exercise Phys.</td>
<td>3</td>
</tr>
<tr>
<td>38.422</td>
<td>Exercise Prescription &amp; Programming</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Cr. = 15**

## Senior Year/Spring Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr.</th>
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</thead>
<tbody>
<tr>
<td>38.412</td>
<td>Clinical Practicum (1/2 the class)</td>
<td>4</td>
</tr>
<tr>
<td>38.418</td>
<td>Senior Seminar</td>
<td>3</td>
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<tr>
<td>38.420</td>
<td>Advanced Study in Exercise Phys. **</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Free elective</td>
<td>2</td>
</tr>
</tbody>
</table>

**Total Cr. = 13**

**Minimum Total Credits = 120**

* See Notes on reverse side.

** Advanced Study in EP can be substituted with Directed Study in Health Promotion.
### Sophomore Year – Science Elective Choices

#### Fall
- 35.251 Physiological Chemistry I  
  3 Credits
- 35.253 Physiological Chemistry Lab I  
  1 Credit
- **OR**
- 84.111 General Chemistry I  
  3 Credits
- 84.113 General Chemistry Lab I  
  1 Credit
- **OR**
- 84.121 Chemistry I  
  3 Credits
- 84.123 Chemistry I Lab  
  1 Credit

#### Spring
- 35.252 Physiological Chemistry II  
  3 Credits
- 35.254 Physiological Chemistry Lab II  
  1 Credit
- **OR**
- 84.112 General Chemistry II  
  3 Credits
- 84.114 General Chemistry Lab II  
  1 Credit
- **OR**
- 84.122 Chemistry II  
  3 Credits
- 84.124 Chemistry II Lab  
  1 Credit
Appendix F

Academic Standing and Repeated Coursework and Course Deletions

Sections D. thru E are excerpted from the Exercise Physiology Manual

It is the responsibility of Exercise Physiology students to understand the academic standing and repeated coursework and course deletion process.

D. Academic Standing at the End of Each Semester

1) Grade point averages for all students in the Exercise Physiology program are reviewed at the end of each semester.

2) Students who fail to satisfy academic requirements will be dismissed from the program with the right to appeal. Letters of notification are mailed at the end of the semester to student’s home addresses. Students are required to maintain current addresses in ISIS.

3) Overall, science, and major GPA is used to determine academic standing at the end of each semester. Grades cannot be deleted after the end of the semester in order to adjust academic standing for that particular semester. Academic standing is calculated as soon as grades are posted. Therefore students in the Exercise Physiology program who want to utilize the Repeated Coursework and Course Deletion option (see below) are required to delete grades of C- or below before the semester ends. The Repeated Coursework and Course Deletion option (removing the grade and credits of C- or below from the GPA and credits earned) allows students to repeat a course in a subsequent semester up to either 7 or 15 credits. See E. below.

To remove course credits students submit a Course Deletion form to the Registrar’s office. A copy of the form can be found at http://www.uml.edu/docs/course_deletion_tcm18-103705.pdf

When submitting the form students agree to the following:

a. Once the grade deletion is processed by the Registrar's Office, I will lose the credits earned for this course. In addition, if the course is a required course for my major, I will need to take the course again to meet the requirement.

b. The original grade will always remain on my transcript, but the grade points earned will be calculated out of my GPA.

c. My academic standing does not change. For example, if you are on academic warning or suspension, this standing will remain even when the grade deletion is processed.

d. Only grades of a C- and below are eligible for grade deletion.

E. Repeated Coursework and Course Deletions

The paragraph below is taken from the online undergraduate catalog. For further details see http://www.uml.edu/Catalog/Undergraduate/Policies/Repeated-Coursework-and-Course-Deletions.aspx.

Grade Substitution/Deletion Rule

Students who entered the University of Massachusetts Lowell as freshmen or transfer to the University of Massachusetts Lowell with fewer than 60 semester credits are permitted a maximum of 15 semester credits for course repetitions/deletions to remove grades of C- or below earned in previously completed courses from their cumulative grade-point averages. Transfer students who enter the University with 60 or more credits are permitted a maximum of 7 semester credits of course repetitions for this purpose. The number of actual course repetitions permitted for any student depends on the number of credits allocated to the courses that he or she wishes to repeat.

Course Deletion Form http://www.uml.edu/Registrar/forms.aspx
Frequently asked questions regarding course deletions:

Q  What are the GPA equivalents for grades of C- or below?
A  C- (1.7), D+ (1.3), D (1.0) and F (0.0).

Q  Do I wait until I’m repeating the course to delete the grade and credits?
A  No, you can delete the course without repeating the course at the same time.

Q  Will I have to make up a course that I delete?
A  Yes, if the course is included on the “Course of Study for Exercise Physiology” it is a course that must be taken in order to complete the EP program.

Q  When in the semester should I delete a course?
A  If you know you are going to delete a course, submit the form to the Registrar’s office before the end of the semester to avoid dismissal when academic standing is run. Academic standing is run immediately following the posting of grades.

Q  Should I wait to see what my grade is before I process a deletion form?
You can wait to see what you receive for your grade but a C- or below could result in academic dismissal.

Q  What happens if I withdraw from a course by the semester deadline?
A  Students do not receive a grade or credit from a withdrawn course.

Q  If I repeat a course will it automatically be deleted?
A  Even if it is automatically deleted it may not be in time to raise your GPA to prevent dismissal from the EP program. Therefore, submitting the delete form is most efficient.

Q  How many courses can I delete?
A  See the section above on Grade Substitution/Deletion Rule. If you enter the university with less than 60 credits you can delete up to a maximum of 15 credits. If you enter the university with more than 60 credits you can delete up to a maximum of 7 credits.

Q  What do I do with the course deletion form?
A  Take the completed form to the Registrar’s office. It does not need to be signed off by anyone in the Department.

Q  Who can I talk to about course deletions?
A  Students are encouraged to speak with their academic advisor regarding grade deletions.